

December 2018

12 Months, 12 Top-Riders, 12 Interviews

by Mad4One



Interview with

Florian Rabensteiner

**THE UNBEATEN DOWNHILL
WORLD CHAMPION**

SINCE MANY YEARS IS FLORIAN
AT THE TOP OF ALL NATIONAL
AND INTERNATIONAL RANKS IN
DOWNHILL, CROSS COUNTRY,
UPHILL, CYCLOCROSS AND IS
ONE OF THE MOST DECORATED
MUNI-RIDERS ON THE PLANET.

HOW TO BECOME ONE OF THE BIGGEST NAMES IN DOWNHILL OF ALL TIMES? INTERVIEW WITH FLORIAN RABENSTEINER...



WHICH IS THE BEST WAY TO INTRODUCE THE THREE-TIME DOWNHILL WORLD CHAMPION TO THE READERS? WELL, IT'S NOT SO EASY. THE LIST OF RESULTS ACHIEVED BY FLORIAN IS SO LONG, THAT YOU ARE LIKELY TO GET USED TO IT...☺ BUT, JOKE ASIDE, HERE'S THE ATHLETE FLORIAN AND WHAT HE TOLD US ABOUT HIMSELF.

FLORIAN RABENSTEINER IS AN ITALIAN EXPERT-MUNI-RIDER AND ONE OF THE TOP-RIDERS OF THE MAD4ONE TEAM. SINCE MANY YEARS IS FLORIAN AT THE TOP OF ALL NATIONAL AND INTERNATIONAL RANKS IN DOWNHILL, CROSS COUNTRY, UPHILL, CYCLOCROSS AND IS ONE OF THE MOST DECORATED MUNI-RIDERS ON THE PLANET.

BUT, BEFORE MEETING HIM, LET'S TAKE A LOOK AT HIS RESULTS:

SINCE 2014 HE IS UNBEATEN WORLD CHAMPION IN DOWNHILL; GOLD MEDAL AT UNICON XVII MONTREAL, WORLD CHAMPION IN 2016 AT UNICON XVIII DONOSTIA, AND AGAIN GOLD MEDAL IN 2018 AT UNICON XIX ANSAN.

ALSO IN UPHILL IS FLORIAN ALWAYS ON THE PODIUM; III. PLACE IN 2014 MONTREAL, WORLD CHAMPION IN 2016 DONOSTIA AND AGAIN WORLD CHAMPION IN 2018 ANSAN.

FLORIAN IS HIGHLY SUCCESSFULL ALSO IN CROSS COUNTRY AND UNLIMITED CYCLOCROSS : HE SEALED HIS UNBEATEN 2018 SEASON AS WORLD CHAMPION AT UNICON XIX IN ANSAN.



HI FLORIAN, SINCE MANY YEARS YOUR PERFORMANCES ARE SIMPLY PHENOMENAL. WHICH IS THE SECRET OF THIS SUCCESS? HOW IS IT POSSIBLE TO STAY MOTIVATED AND WHAT'S DRIVING YOU CONSTANTLY TO SUCCEED?

The main reason is the pleasure I have in practicing this sport. It is also an excellent way for balancing life and work. It is not easy to be able to unwind after an intense day of work, but for me riding unicycle is the best way to reset from all this. But that's not all, every year, when I start training for the next season it is always a new, exciting goal for me. How can I overcome the results achieved last year? This is the big challenge, every year I'm working for.

BEFORE YOU STARTED YOUR UNICYCLE CAREER YOU WERE A MTB RACER. WHY THIS CHANGE? WHERE ARE THE DIFFERENCES?

After 7 years of MTB fun in what I was doing has simply disappeared. Then I discovered the unicycle. I immediately understood that "it was the right one for me". At the beginning I was running both, MTB as well as unicycle, but at a certain moment it was no longer possible to carry on both. What do these two sports differs from each other? MTB is a sport strongly practiced by professionals or semi-professionals, who can devote most of their time to train for it, this is definitely the biggest difference. Unicycle is still a very young sport, where the potential to be discovered is still very wide.

SINCE MANY YEARS YOU ARE WORLD CHAMPION. TO BE ABLE TO REACH SUCH LEVELS MEANS YOU HAVE DONE SOMETHING MORE THAN ALL THE OTHERS. CAN YOU TELL US WHAT?

Maybe the discipline and commitment I always focus on at every season? Who knows?



NEXT TO TRAINING ON YOUR UNICYCLE, THE PHYSICAL FITNESS IS CERTAINLY OF GREAT IMPORTANCE. WHAT ARE YOU DOING TO KEEP YOU FIT? DOES YOUR TRAINING INCLUDE RUNNING OR GYM TRAINING?

In summer you find me mostly riding muni, but I never say no to a pleasant walk in the mountains. In winter my passion is to go sledding. For almost 16 years I have been practicing this sport at a competitive level. It helps me to maintain physical fitness and to train concentration. And then, if I have still some free minutes, I put on my off-piste skis and go for a ride in the mountains.

FLORIAN, YOU HAVE WON 3 WORLD CHAMPIONS, WHICH ONE ARE YOU MOST PLEASED TO RECALL?

Frankly speaking, I do not remember an experience that could be defined "more beautiful than the others". All the races, the championships, the Muni Conventions I've attended till now have always left something beautiful and unforgettable. All of them, in one way or another, helps me to keep my "album of memories" amazingly alive. Yes, sport is part of my life, sport belongs to my life.

DO YOU REMEMBER THE MOMENT, WHEN YOU SAID, "NOW I HANG UP MY UNICYCLE", AND THEN EVERYTHING STARTED AGAIN, EVEN BETTER THAN BEFORE? AT THAT MOMENT WHAT DID HELP YOU?

I do not often have these moments, but if it happens, the best thing to do is to "give yourself time", I mean, do not take immediate decisions, just let it be for a few days, and you will get through everything.

YOU ARE A GREAT EXAMPLE FOR ALL YOUNG MUNI RIDERS. DO YOU HAVE ANY ADVICE FOR THEM?

Simply do what you really like, follow your passion, and success will come.

OF COURSE, AND PERHAPS ALSO WITH A GOOD DOSE OF DISCIPLINE AND CONCENTRATION, AS YOU DO BY YOURSELF EVERY DAY :)

THANK YOU FOR YOUR TIME. THANK YOU FOR THE CHANCE YOU GAVE US TO GET TO KNOW YOU AS MAN AND AS ATHLETE. WE ARE READY TO FOLLOW IN YOUR NEXT CHALLENGES.

WOULD YOU LIKE TO SEE FLORIAN IN ACTION? HIER THE LINK TO ONE OF THIS VIDEOS: <https://youtu.be/ZJuU1ecfwjk>

Next month will be the turn of Niklas Wojtek. We will go on with our series of interviews with the best and most decorated world champions of all time. Niklas has taken up the mantle of Seisuke Kobayashi entering the "Olympus" of the fastest unicycle-riders ever. Stay tuned!